



## Leisure Services Department **Parks and Recreation**

# **Junior Development Lesson Program**

The Junior Development program is a series of lessons where FUN is a priority as participants “play to learn,” developing skills through a positive learning experience and with a sense of accomplishment. Certified professionals provide a great learning environment for the developmental learning stages. Players will focus on movement, balance, throwing and catching the ball, swing motions, making contact, grips and stroke development. As players continue to improve additional skill sets will focus on coordinating movement and balance, and hitting the ball with purpose and direction. Game concepts and scoring will be introduced.

The USTA 10 & Under QuickStart teaching format will be incorporated with the younger age groups using smaller courts, low pressure and slow bounce balls, lighter racquets, and lower nets.

**Age Groups:** 3 & 4 year olds (Moms, Dads, and Grandparents welcome to assist)

5-6, 7-8, and 9-10 year olds (Will use the USTA 10 & Under QuickStart tennis format)

11 & over (middle school and high school)

- Each group will be sub-divided by ability levels
- Participants have the option to borrow a youth tennis racquet for class time
- Junior Training Recruits is a transition program for players almost ready for the Junior Training program. Once a player has been selected for the “Junior Recruits” by the tennis professional the player can do one day of development class and one day of the Junior Recruit.

### **Rates and Registration**

- Minimum two day registration (except for 3-4 year old age group)
- Rates are based on \$9.00 per class.
- Credits are Issued for rain-outs and injuries only
- Option to make up class on another day with approval from the teaching professional
- Please Make Checks Payable to Seminole County

**Daily and Monthly schedule on reverse side**

**Red Bug Lake Park (407) 665-2190**

3600 Red Bug Lake Rd., Casselberry, FL 32707 • RAIN OUT LINE: (407) 665-PARK (7275) • Open M - F from 8 a.m. to 10 p.m., Sat and Sun from 8 a.m. to 8 p.m.

**[www.seminolecountyfl.gov/parks](http://www.seminolecountyfl.gov/parks)**



**quickstart tennis  
program**